

High School girls/College ID Ultimate soccer camp daily schedule

Camp dates July 29-August 1st

Thursday

- **1:00, 1:15, 1:30** CoVid testing (see attached document)
- **1:30-2:15 p.m.** | registration: Residence hall lobby
- **2:30 p.m.** | all camp meeting Residence hall lobby, divide into training groups
- **3:15 p.m.** | walk to the fields, **3:30** all camp Warm up
- **3:45-5:00 p.m.** | first training session
- **5:15-6:00 p.m.** | dinner
- **6:15 p.m.** | (high school camp) meet in Residence hall lobby walk to fields; **attendance taken**
- **6:30-8 p.m.** | large field games - 11v11 or 8v8 Turf
- **7:15** college ID camp meet in the lobby walk to the fields and warm up on the grass. 11v11 8:00-9:00 turf field
- **8 p.m.** | commuters get picked up at Residence hall
- **9:30 p.m.** | all overnight campers in the residence hall
- **10:00 p.m.** | all overnight campers in their room; **attendance taken**

Friday and Saturday

- **6:45 a.m.** | optional cardio conditioning session; meet counselors outside Residence hall
- **7:30 a.m.** | wake up
- **7:45-8:15 a.m.** | breakfast (overnight campers only)
- **8:30 a.m.** | **commuters dropped off at Residence hall**
- **8:30-8:45 a.m.** | all camp meeting Residence hall lobby; **attendance taken**
- **8:45 a.m.** | walk to the fields (Friday camp photo wear your T-shirt)
- **9-11:15 a.m.** | technical session; specialized GK training (9-10:15 a.m.)
- **11:30 a.m. - 1 p.m.** | lunch (all campers)
- **1-1:15 p.m.** | rest; commuters can hang out in the Residence hall lobby
- **1:15 p.m.** | meet Residence hall lobby; **counselors take attendance** and walk to McPhee/Olson classroom 162; enter the doors by the indoor track

- **1:30-2:15 p.m.** | Topic of the Day: classroom session; **attendance taken**
- **2:15 p.m.** | walk to the fields, (exception Saturday Futsal tournament)
- **2:30-3:45 p.m.** | tactical field training-by-training groups & specialized GK training
- **3:45-4:30 p.m.** | small-sided tournament games
- **4:45-6 p.m.** | dinner (all campers)

6:15 p.m. | (high school camp) meet in Residence hall lobby walk to fields; **attendance taken**

6:30-8 p.m. | large field games - 11v11 or 8v8 Turf

7:15 college ID camp meet in the lobby walk to the fields and warm up on the grass. 11v11 8:00-9:00 turf field

- **8 p.m.** | **commuters picked-up outside Residence hall**
- **8-9:30 p.m.** | open swimming, McPhee Pool (**must be with a counselor**)
- **9:30 p.m.** | all overnight campers in the residence hall
- **10 p.m.** | all overnight campers in their room; attendance taken
- **10:30 p.m.** | lights out

Sunday

- **6:45 a.m.** | optional cardio conditioning session; meet counselors outside Residence hall
- **7:30 a.m.** | wake up
- **7:45-8:15 a.m.** | breakfast (overnight campers only)
- **8:30 a.m.** | **commuters dropped-off at Residence hall**
- **8:30-8:45 a.m.** | all camp meeting Residence hall lobby; **rooms must be inspected before you come down to the meeting; attendance taken**
- **8:45 a.m.** | walk to the fields
- **9-11 a.m.** | 1v1 competitions; long range shooting competition; 5v5; championship games
- **11 a.m.** | walk back to Towers South, commuters pick up at Towers south
- **11:30 a.m.** | overnight camper picked-up at Towers South

Optional Cardio sessions: campers meet counselors outside Residence hall at 6:45AM

Saturday afternoon 2:30-4:00 Futsal tournament Olson gym. Bring indoor shoes.

Sunday morning: All Campers must have their room inspected before they come down to the morning meeting.

Pick up Sunday outside Residence hall : 11:00 commuters/ 11:30 resident campers